



LKS2 PSHE overview 2025-2026



Health and Wellbeing			Living in the wider world		Health and wellbeing.
Think positive	Safety first	Its my body	Money matters	One world	Growing up (Completed through journey in love)
<p>This unit is designed to build on what the children have already learnt about feelings, both comfortable and uncomfortable and how our attitude towards life can affect our mental health. The lessons centre around themes such as thinking positively and calmly, managing difficult emotions, taking responsibility for decisions and developing a growth mindset approach to learning.</p>	<p>In this unit of work, children will consider what it means to take responsibility for their own safety. This will include the decisions they make and how they can stand up to peer pressure in a range of situations. They will learn about everyday risks, hazards and dangers and what to do in risky or dangerous situations. They will also learn about road, water and rail safety and dangerous substances: drugs (including medicines), cigarettes and alcohol. Children will look at first aid, exploring how to deal with common injuries and what to do to respond to emergency situations.</p>	<p>This unit, entitled It's My Body, explores the choices children can make about looking after their bodies. The lessons look at making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies on how to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.</p>	<p>This unit aims to encourage children to think about where money comes from and how it can be used. Children will discuss how we spend money, why people might need to borrow money and the consequences of this. Children will begin to explore how we can prioritise what we spend money on and what choices we have, including environmental considerations of wider spending. Through this unit of learning, children will also consider what influences their spending and how we can keep track of what we spend.</p>	<p>This unit is based on a case study of a fictional girl called Chiwa, who lives in Malawi. The children will explore different aspects of her life in each lesson. It is inspired by the idea that people's life experiences and opportunities differ throughout the world and that our actions can have both positive and harmful effects on people living in different countries. It aims to enable the children to explore the concepts of inequality and stereotypes and encourages them to reflect on what they can do to help make the world a fairer place. In this unit, children also learn about climate change and its effects, fair trading practices and organisations that help people like Chiwa. They will also learn about how to be a good global citizen.</p>	



LKS2 RSE overview 2025-2026

Year Three- How we live in love

To describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe. Children know and understand the virtues essential to friendship, e.g. loyalty, responsibility... and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.

Physical	Social	Emotional	Intellectual	Spiritual
Who takes care of me?	How do I keep myself safe?	How do you feel when a friend is not there for you?	Can you recognise the difference between being alone and being lonely?	Explore the story of Zaccheaus.

Year Four- God loves us in our differences.

To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.

Physical	Social	Emotional	Intellectual	Spiritual
Continue to recognise that all pupils grow and develop at different rates	How do I learn to accept and celebrate who I am?	How do I appreciate my own gifts, talents, achievements and all that makes me unique?	Can I identify and name my feelings?	St Paul's teaching on love.